

Kentucky Holiday Recipes

Brussel Sprouts (8UP Elevated Drinkery & Kitchen)

CRISPY BRUSSELS SPROUTS

Yield – 6 Servings

Ingredients

3 cups canola oil

2 pounds Brussels sprouts, raw, quartered

2 tablespoons Brussels spice blend

¼ cup blood orange gastrique

½ cup hazelnuts, roasted, for garnish

½ cup Capriole Farms Goat Cheese, or any goat cheese, for garnish

Pickled cranberries, for garnish

Method

Heat canola oil in a large sauce pan on high heat to 350 degrees, about 4 minutes. Thermometers work best to determine the oil temperature. You want a large enough pot because the oil will pop once you add the Brussels sprouts.

Once the oil is hot, add the Brussels sprouts to the oil. Fry them until they are a slightly crispy, about 2 minutes.

With a spider or strainer, pull the Brussels sprouts from the oil and drain excess oil. You may want to drain on paper towels. Place the Brussels Sprouts in a medium mixing bowl. Season the Brussels sprouts with 2 tablespoons of the Brussels spice blend. On a large serving plate, drizzle ¼ cup of the blood orange gastrique on the plate. Place the crispy Brussel sprouts on top of the blood orange gastrique and garnish with hazelnuts, goat cheese and pickled cranberries.

BLOOD ORANGE GASTRIQUE – Yield – 1 cup

Ingredients

1 cup Blood Orange Perfect Puree, 8 or 4 oz.

4 blood oranges, juiced

1 teaspoon salt

1/8 teaspoon Bourbon Barrel black pepper

2 tablespoons honey

Method

Place all ingredients in a Vita Mix and puree until smooth.

BRUSEELS SPICE

Ingredients

2 tablespoons celery salt

1/3 cup onion salt

¼ cup Ancho chili powder

¼ cup Kosher salt

1 tablespoon celery seed

Method

In a small mixing bowl add all the spices and mix well.